

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Volume 3, Issue 6

**December  
2015**


Grinnell Hall  
Senior Center  
631 Bluff Street,  
Beloit, WI 53511

Website  
[www.beloitwi.gov](http://www.beloitwi.gov)

Phone  
**608-364-2875**  
Fax  
608-364-2876

Email  
[schuttp@beloitwi.gov](mailto:schuttp@beloitwi.gov)

**Hours**  
Monday – Friday  
7:30 a.m. - 4:00 p.m.

 Check us out  
on FACEBOOK

**Pg 3** The perfect Christmas gift is now available, suitable for giving, or getting. Ask your family for this, or buy one for a friend. Page three.



**Pg. 4 Lunch & Learn**

Learn valuable information on prescription drugs. See page four for information on making your reservations for lunch.

**Pg. 9 Memory Loss & Aging**

When should you be worried and what can you do. Don't miss this presentation and free screening. See page nine for details.

**Pg. 11 Holiday Bunco**

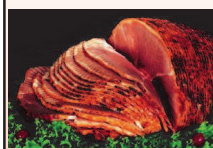
Join us for a fun afternoon



of Bunco, prizes, and snacks. See all the details on page 11 of this issue.

**Holiday Meal**

Join your friends at Grinnell Hall for a delicious holiday meal on **Wednesday, December 23** at



11:45 a.m.

Lunch is provided by Rock County Council on Aging and

Best Events Catering. Enjoy succulent cherry glazed ham, sweet potatoes, San Francisco blend vegetables, pineapple tidbits, pumpkin pie, and dinner rolls. Cost of the meal for those over 60 is a suggested donation of \$3.25. Reservations for lunch must be made by Tuesday, December 22 at 12 noon by calling 608-364-2875.



## Alaska Discovery Land & Cruise

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Join Collette Travel and Grinnell Hall for this lifetime opportunity! We have scheduled a travel show to explain all the details. Join us **Tuesday, February 9, 2016 at 6:00 p.m. Rotary River Center, Riverside Drive in Beloit**. Watch your January newsletter for a full color flier, or pick one up at Grinnell after December 7. To reserve your spot at the travel show, call Grinnell at 608-364-2875.

## Finnegans Tour of Lights

The calendar has rolled around yet again to one of our most popular events of the year. The **Finnegan Tour of Lights** will be held this year on **Tuesday, December 15**. The tour vehicles leave at 6:00 p.m. **PLEASE NOTE THE CHANGE OF PICK UP LOCATION THIS YEAR.** The tour will be

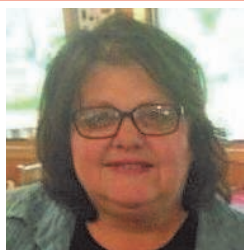


**leaving from Rotary Center, NOT Grinnell Hall.** Doors at Rotary Center will open at 5:00 p.m. for Hot Chocolate and Christmas Cookies. You will need to pre-register for this event and the tour is limited to 28 people, so call Grinnell

at 608-364-2875 soon to reserve your spot.

Once again, this event is sponsored by Finnegan's RV, who generously provide the vehicles and drivers to transport seniors around the area to view the holiday lights.

## Grinnell Hall Senior Center



### A Word From The Coordinator

As the year winds to a close I look back and reflect on what a wonderful year 2015 has been. So many wonderful programs, trips and events.

The coming year promises to be just as exciting and fun filled. For the very first time, we will be offering a multi-day trip for our readers to take advantage of. Make sure you attend the travel show on Tuesday, February 9, 6:00 p.m. at Rotary River Center. You will get all the details that are included on this delightful 13 day trip to the Alaskan wilderness!

We are also offering a wonderful one day trip to Milwaukee to see the wacky one women musical starring Jillain Gabrielle as famed Hollywood gossip columnist Hedda Hopper. This trip also features a "Wildest Hat Contest"! Get your name on the reservation list soon!

In this issue, we mention that Grinnell memberships make good gifts. Many times as we get older we are not looking to be gifted with more "things". Tell your family that a membership to Grinnell is the perfect gift for you! It gives you a years worth of fun with trip discounts and more! You also might want to encourage a friend to join—we are working to grow our membership for 2016.

Don't forget—when you renew your membership, or purchase a new one—you receive tickets for some wonderful prizes we are giving away in February.

I would like to take this opportunity to thank everyone who has donated things to Grinnell this past year. We have received so many generous donations and they are truly appreciated.

To all of our wonderful volunteers - I wish you a peaceful holiday season filled with love and laughter. Thank you for all you do and please know that each and everyone one of you is greatly valued.



*Paula*

### Advisory Board of Grinnell Senior Center

Linda Smith, Roselyne Ackley, Wally Mattelig  
Gloria Meyer, Jean Warn

Theresa Niles - Chair  
Dave Zimdars - Vice Chair

Carol Fryar - Secretary  
Art Graham - Treasurer

## Membership Drive Week

### You Could Win A Kindle Fire

The week of **Monday, November 30 through Friday, December 4** is a fun filled week, packed with activities and your chance to win some great prizes!! This is the time to renew your membership and get your friends to sign up!



There are several ways to get tickets that will qualify you to win a variety of prizes which will be given away the first week in March. Renew your membership during the week of the drive or anytime in **December** and **receive 3 tickets**. If you renew or join for the first time in **January** you will receive **2 tickets**. If you renew or join in **February** you will **get one ticket**. Current members can earn **10 tickets** by bringing in a **NEW member** who has never been a member before!

**Nov 30 - December 30 renewal = 3 Tickets**

**January 4th - 29th renewal = 2 tickets**

**February 1st - 11th renewal = 1 ticket**

**Bring in a new member = 10 tickets**

Use your tickets for a wonderful drawing on **Friday, February 12**, when we will be giving away a number of nice gifts. This drawing will be held in conjunction with our annual chili luncheon.

You can drop your tickets into the box of the prize you most want to win—the more tickets you have—the better your chances! Here are a just a few of the prizes we will be giving away:

1. A Kindle Fire
2. A handmade quilt
3. Restaurant Gift certificates
4. Two 15 minute chair massages here at Grinnell with Kathy Pann
5. A half hour Reflexology appointment here at Grinnell with Maureen Birchfield.



Various other gifts will be available as well. Watch the January newsletter for the ever growing list. Descriptions and pictures will be available beginning Monday, February 1st and you can begin putting your tickets in the appropriate boxes at that time. Drawing will be held at 11:30 on February 12. You do not need to be present to win.

**Membership at Grinnell**  
**The best gift you can give**  
**yourself.....or someone else.....**  
**Gift certificates for membership available at front desk**



## Membership Drive Week Events

### Grinnell Memberships Make Wonderful Gifts

For a gift that would be used and appreciated all year long, consider giving a **Grinnell Hall membership for 2016**. If your kids or grandkids say you are hard to buy for, or you do not need yet another bottle of perfume or one more tie, tell them you would **LOVE** a membership to Grinnell for Christmas! The gift can be purchased up until Wednesday, December 23 at 4:00 p.m. **It comes with a hand crafted gift certificate that will impress the recipient!** Call Grinnell at 608-364-2875. **Cash or check only. We are not able to accept credit or debit at this time.** **Note:** When you receive a membership gift, you also get the tickets for February's drawing.



### Fashion Show Fund Raiser

On Tuesday, December 1 at 1:00 p.m. experience our **Fashion Show Fund Raiser** featuring items from **Mary's Unique Boutique in New Glarus**. The show will feature the latest fashions and tons of accessories, all available for purchase. Grinnell will receive 10% of all purchases that day. All money earned will help us to purchase a new sound system for the auditorium. **Please note: WE ARE LOOKING FOR MODELS!!** NO need to sign up to attend the show, but be sure to get here early so you can get a seat. To take part in modeling, please call Grinnell at 608-364-2875.



### Van Galder 2016 Tour & Travel Show

On Monday, November 30, join us at 1:00 p.m. for a **2016 Tour and Travel Show** sponsored by Van Galder Tour and Travel! Get a pre-view of all the wonderful trips Van Galder has planned for next year and find out how you can take advantage of them. Light snacks will be served and space is limited so sign up soon for this interesting presentation. Call Grinnell at 608-364-2875 to reserve your spot for this popular and exciting presentation.



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A 4C 01-1352

## Trips

### Thursday, December 3 *Scrooge, The Comedy*

Just a  
couple of  
seats left

This wacky, zany, audience participation comedy is a must see for your holiday entertainment plans. Many families consider it a Christmas tradition and return year after year. The story line is based on a loosely adapted version of Charles Dickens' timeless classic "A Christmas Carole".

**\$49.00 Grinnell Members    \$57.00 Non-Members**

Meet at Telfer Park at 9:30 a.m., depart at 10:00 a.m.

Return to Telfer at 4:30 p.m.

**White Pine's Theatre**

Mt. Morris, IL

## Antique Appraisal

**Wednesday, December 2, from 10:00 a.m. through 1:00 p.m.** you can get your antiques appraised. Rich Ranft, from Beloit Auction is donating his time to do appraisals **BY APPOINTMENT** here at Grinnell.



The cost of each appraisal is just \$5.00 and all funds go to help Grinnell purchase their new

sound system for the auditorium.

You must call by 3:00 p.m. the day before the event to make your appointment. Space for each appraisal is limited so call soon! To make your appointment, call Grinnell at 608-364-2875.

## Lunch and Learn

**Thursday, December 3 at 11:00 a.m.** a informational program will be presented by the Wisconsin Health Literacy Organization. **"Let's Talk About Medicines"** helps people understand prescription medicine labels, strategies to remember to take your medicine, information on how over the counter medicines may interact with other medicines and much more! **The program is followed by a free luncheon for all those attending.** Each participant is provided with a **FREE** pill box and workbook to take home, plus the chance to enter a cash prize drawing at the end of the program. Space is limited, so sign up soon by calling Grinnell Hall at 608-364-2875.



## Grinnell Hall's 2016

## Travel Guide

Packed full of adventures  
and a variety of new trips

**PSST.....remember, paid members get trip discounts! So sign up for YOUR membership today!**



## HOLIDAY SHOW

### Annual Holiday Show Extravaganza

Kick off the holidays in a big way with your friends at **Grinnell Hall's Annual Holiday Extravaganza on Friday, December 4, beginning at 1:00 p.m.**

If you have a talent you would like to share make sure you sign up at the front desk to save your spot for our show. Music, comedy and more are in store as we gather up the best of our member's and friend's talents to help kick off the holiday season. The show is free and open to the public, so invite your family and friends. **New to the show this year is a special "home baked touch."** We would like to offer some **delicious homemade Christmas cookies and treats at our intermission, but we need your help to do this.** If you can donate several dozen homemade cookies or holiday treats for our show on Friday, December 4, please sign up at the front desk. We will have the names listed of everyone who donates. This is your chance to show off your baking skills! Don't miss this annual event!

**WANTED**

**Talented acts  
for  
our holiday  
show**



## This and That

### Sewing Lab Open on Mondays

Working on a sewing project or would like to try a new one? Join in the fun each and every **Monday** from **9 a.m. - 3:00 p.m.** as our talented group of women get together for a day of sewing and socializing. You can bring your own project, learn how to make a purse, or work on items the group makes to give to nursing homes.



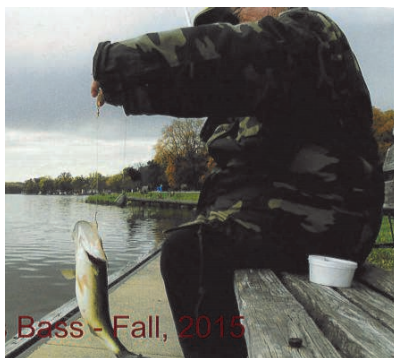
### Watch Battery Replacement

Judy S. will be at Grinnell on **Tuesday, December 8** from **8:00 a.m. - 9:00 a.m.** This is a walk in service and no appointment is necessary. This service is offered to both members and non-members of Grinnell. Get the batteries on your watch replaced for the cost of the battery. For more information, call Grinnell at 608-364-2875.



### Fishing Club Taking a Break Over Winter

Our fishing club members will be taking a break over the winter. They will resume meeting again in March or April, depending on the weather. Watch upcoming newsletters for updated information. New members are always welcomed.



### Chicks With Sticks

Love to knit and/or crochet? Join our newest group : Chicks with Sticks! These friendly, talented ladies meet every **Wednesday** from 10:00 a.m. through 1:00 p.m. Come and go as your schedule allows or stay the whole time! The group works on their own projects, chatting and having a great time. No sign up is necessary. Questions? Call Grinnell Senior Center at (608) 364-2875



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## More Services

### Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County will be available at Grinnell Hall on a monthly basis to meet with families and answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. Cori is available from **12:30-2:00 PM** on the **second Monday of each month**. She will be here on **December 14, 2015**. The Dementia Care Specialist program is provided by the Aging and Disability Resource Center of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. She will answer questions, provide information on the disease process, local resources, educational and support programs. No appointment is necessary.



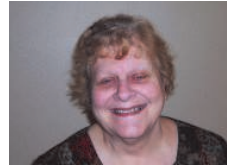
### Benefit Specialist Services

**Lachel Fowler** is at Grinnell on **Thursday, December 3, 10, and 17 from 8 a.m. until noon**. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained

in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and older, regardless of financial status.

### Beloit Chore Service

The winter wind is blowing! Need help shoveling snow?



**Gretchen Ruzcek**, our friendly **Chore Service Coordinator** will match you up with someone who can help with projects you need done around the house. **Beloit Chore Service** works

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# December Calendar of Activities

# 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p><b>Membership Drive Week</b></p></div>	<div><div>1</div><div>7:30 Billiards 9:00 Beg Line Dancing 9:30 Bridge 10:00 Reg. Line Dancing 12:30 Cribbage <b>1:00 Fashion Show</b></div></div>	<div><div>2</div><div>7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga <b>10:00 Antique Appraisal</b> 10:00 Chicks with Sticks <b>11:00 Vets Coffee</b> 1:00 Mahjong 1:30 Theatre Group</div></div>	<div><div>3</div><div>7:30 Billiards 8:00 Benefit Spec 8:15 Walking w/ Yoshi 9:00 Board Meeting <b>9:30 Scrooge Trip</b> 9:30 Memory Café *** <b>11:00 Lunch &amp; Learn</b> 12:30 Euchre</div></div>	<div><div>4</div><div>7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes <b>9:30 Memory Loss &amp; Aging*</b> 1:00 Dominos <b>1:00 Holiday Show</b>  <b>Memory Loss &amp; Aging at Merrill Center</b></div></div>
<div><div>7</div><div>7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 11:30 Jewelry Repair 12:30 Bridge Lessons</div></div>	<div><div>8</div><div>7:30 Billiards <b>8:00 Watch Repair</b> <b>9:00 Sunny &amp; Share Stitchers</b> 9:00 Beg Line Dancing 9:30 Bridge 10:00 Reg. Line Dancing 12:30 Cribbage 1:00 Grinnell Bookies</div></div>	<div><div>9</div><div>7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>11:30 Chair Massage</b> 1:00 Mahjong <b>1:00 Booked 4 Dessert</b> 1:30 Theatre Group</div></div>	<div><div>10</div><div>7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi <b>10:00 Blood Sugar</b> <b>12:00 Reflexology</b> 12:30 Euchre</div></div>	<div><div>11</div><div>7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Bridge (closed) 1:00 Dominos <b>1:00 Movie</b></div></div>
<div><div>14</div><div>7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 12:30 Bridge Lessons 12:30 Dementia Care Specialist <b>1:00 Bunco Party</b></div></div>	<div><div>15</div><div>7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage  <b>6:00 p.m. Finnegan's Tour of Lights</b> Meet @ Rotary River Center</div></div>	<div><div>16</div><div>7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Foot Clinic 1:00 Mahjong 1:30 Theatre Group</div></div>	<div><div>17</div><div>7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 12:30 Euchre 1:00 Strong Women 1:00 Foot Clinic <b>1:00 Holiday Bingo</b></div></div>	<div><div>18</div><div>7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 1:00 Dominos</div></div>
<div><div>21</div><div>7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 11:30 Jewelry Repair 12:30 Bridge Lessons <b>1:00 Christmas Movie</b></div></div>	<div><div>22</div><div>7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 St. Jude's Bridge</div></div>	<div><div>23</div><div>7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:30 Theatre Group</div></div>	<div><div>24</div><div><b>Closed Christmas Eve</b></div></div>	<div><div>25</div><div><b>Closed Christmas Day</b></div></div>
<div><div>28</div><div>7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 12:30 Bridge Lessons</div></div>	<div><div>29</div><div>7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage</div></div>	<div><div>30</div><div>7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:30 Theatre Group</div></div>	<div><div>31</div><div><b>Closed New Years Eve</b></div></div>	<div><div></div></div>

# Rock County Nutrition Grinnell Hall Senior News and Chews

## December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Western Meatloaf Au gratin Potatoes Green & Gold Beans Cinnamon Applesauce Wheat Bread	<b>2</b> Chili w/Cheese Wisconsin Blend Veg Peaches Fruit Jello Corn Bread	<b>3</b> Burgundy Tips w/ Egg Noodles Sliced Beets Tropical Fruit Marble Rye	<b>4</b> Chicken Florentine Peas Brown Rice 3 Bean Salad Apricots w/Peaches Wheat Bread
<b>7</b> Chicken Ala King Carrots Peas Chocolate Chip Cookie Baking Powder Biscuit	<b>8</b> Italian Breaded Pork Chop Garlic Mashed 3-Bean Salad Chocolate Cake Marble Rye	<b>9</b> Chicken Parmesan w/ pasta & cheese Winter Blend Veg Mandarin Oranges French Bread	<b>10</b> Salisbury Steak Sweet Potatoes Corn Pears Wheat Roll	<b>11</b> Chicken Noodle Soup Broccoli Slaw Peaches w/ Granola 1/2 Turkey Sandwich Lemon Poppyseed Cake
<b>14</b> Sloppy Joes Green Bean Casserole Wis. Blend Veg Pineapple Tidbits Hamburger Bun	<b>15</b> Baked Macaroni & Cheese San Francisco Blend Vegetables Tossed Salad Pears Dinner Roll	<b>16</b> Sliced Roast Beef Mashed Potatoes Garden Blend Veg Sliced Peaches Wheat Roll	<b>17</b> Herbed Stuff Chic Breast Egg Noodles Squash Mixed Vegetables Chocolate Mousse Wheat Bread	<b>18</b> Pepper Steak Brown Rice California Mix Veg Carrot Bar Wheat Bread
<b>21</b> Lasagna Casserole Squash Green Beans Mandarin Oranges Bread Stick	<b>22</b> Quiche w / Spinach Cheese & Bacon California Mix Veg. Peaches w/Granola Tossed Salad Dinner Roll	<b>23</b> <b>Christmas Dinner</b> Cherry Glazed Ham Sweet Potatoes San Francisco Blend Vegetables Pineapple Tidbits Pumpkin Pie Dinner Rolls	<b>24</b> <b>Grinnell Closed Christmas Eve</b>	<b>25</b> <b>Grinnell Closed Christmas Day</b>
<b>28</b> Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	<b>29</b> Cheesy Potato Bacon Soup San Francisco Blend Vegetables Pea Salad Pumpkin Bar Dinner Roll	<b>30</b> Chopped Steak Twice Baked Potato Casserole Red Cabbage Apple Crisp Wheat Bread	<b>31</b> <b>Grinnell Closed New Years Eve</b>	

Meals served Monday through Friday. Milk served with all meals. Coffee & tea served with dining center meals. Suggested donation for each meal is \$3.25. **Meals require reservations which must be made by noon of the prior business day.** For reservations or additional information, please call the Rock County Nutrition Program at 757-5474. Meals available to anyone 60 years of age or older.

Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.



### Wreath Sale

Last year Grinnell Hall's wreath sale was extremely successful. We once again have our hand crafted wreaths displayed and available for sale. Supplies are limited and all are one of a kind. These are perfect for gift giving, a hostess gift, or to decorate your own home. Stop in and take a look at all the unique and fun items for sale in our expanded Nellie's Nook Gift Shop. It is the perfect place to find a unique gift of new and gently loved items. When you give a gift from Nellie's Nook, you can be sure it won't be duplicated! Nellie's Nook is open during center hours Monday through Friday.



### Memory Loss and Aging

#### When should I be worried and what can I do?"

The Alzheimer's & Dementia Alliance of Wisconsin will present a workshop and memory screening on **Friday, December 4, 2015 at the Merrill Community Center**



1428 Wisconsin Ave.,  
Beloit.

Presenters are **Dr Carey Gleason**, Executive Administrator Wisconsin Alzheimer's Disease Research Center and

**Danielle Washington**, BS Associate Research Specialist Wisconsin Alzheimer's Research Center.

Presentations are from 9:30 a.m. 10:30 a.m. and screening will begin at 10:30 a.m. and go until 2:30 p.m. The event is free and open to the public. To make your appointment for a screening, call Grinnell at 608-364-2875.

### The Staff and Advisory Board of Grinnell Hall wish you a Blessed Holiday

#### Weekly Exercises Offered at Grinnell Free for Members / Non-Members \$1 per class

Chair Exercises.....	Mon. 8:30 a.m.
Beginning Line Dancing.....	Tues. 9 a.m.
Line Dancing.....	Tues. 10 a.m.
Morning Stretch.....	Wed. 8:30 a.m.
Easy Stretch Yoga.....	Wed. 9:45 a.m.
Walking with Yoshi.....	Thurs. 8:15 a.m.

### Pampering Your Outer You

*Services offered Monthly at Grinnell*

**Massage Therapy .....** **Wednesday, December 9.** Fifteen minute appointments just **\$12.00 for members & \$15.00 for non-members** beginning at 11:30. By appointment only.

**Reflexology - Thurs. December 10.** Members pay \$18.00, Non-Members \$20 for 30 minutes.

**Foot Clinic...Wed Dec. 16 and Thurs. Dec 17** at 1:00 p.m. offered by At Home Health Care. The cost is just \$15.00 and includes a dry clip.

**Blood Sugar Screening.....Thurs. December 10** This is a free walk in service offered from 10:00 a.m. until 11:00 a.m.

**Call Grinnell Hall at 608-364-2875.**

### Free Blood Sugar & Pressure Screening

Mary H. and Lynn M. , retired nurses, take turns at Grinnell offering free blood pressure and blood sugar screenings each month. They will be here on **Thursday, December 10, at 10:00 a.m.** The service is free .

### Treat Yourself to a Chair Massage

Our Certified Massage Therapist Kathy Pann is at Grinnell on **Wednesday, December 9.** A 15 minute appointment costs just \$12.00 for members and \$15.00 for non-members. Call 608-364-2875 for your appointment today! Treat yourself soon and schedule an appointment this month.

### Relieve Holiday Stress with Chair Exercise

This time of year can be overwhelming with all the hustle and bustle. It has been proven that regular exercise helps relieve stress. Join instructor **Yoshi Glos** each **Monday morning at 8:30 a.m.** She leads the class through a series of stretches, leg lifts, and light weights. There is no cost to this class and no sign up is necessary.



### Reflexology

Maureen Birchfield, TDC, Certified Reflexologist is at Grinnell on **Thursday, December 10.** The cost is just \$18.00 for 30 minutes for Grinnell members and \$20.00 for non-members.

Any appointment that is cancelled the day of will be charged. Call Grinnell at 608-364-2875 to reserve your spot as they fill up quickly.

## This and That

### Memory Café Valuable During Holidays

Social gatherings become even more prevalent over the holidays. When you have a loved one with dementia, gatherings can be difficult.



A Memory Café is a social gathering where those with memory loss, mild cognitive impairment, Alzheimer's or other dementia are able to gather together to socialize, learn more about themselves and the world around them in a safe, relaxed atmosphere.

There is no charge for the program and donations will be accepted to cover the cost of snacks at each meeting. Dementia Care Specialist Cori Marsh offers an ongoing, monthly **Memory Café**. Pre-registration is not required for this event, but an RSVP would be appreciated. To pre-register, call Cori at 608-741-3600.

The class will be held at Rotary River Center, 1160 Riverside Drive in Beloit on **Thursday, December 3 at 9:30 a.m.**

### Quilting Class Scheduled For January

Quilting instructor Jeanne Smith will be holding a class on **Friday, January 8th from 9:00 a.m. - 12:00 noon**. She will be teaching the method for constructing a **Disappearing Nine Patch**. This type of quilt is easy to make and looks impressive when finished.



The phrase disappearing nine patch suits the method perfectly, because to make the quilt blocks, a simple nine patch block is sliced apart -- it disappears and is replaced by four smaller units.

There is no charge for the class, but each student will need to purchase their own supplies. A list of supplies will be available by December 21.

This class will fill quickly and space is limited in our sewing lab, so please plan on signing up early, to ensure you are able to take part in the class.

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### Comedy / Drama Set for December



*Elsa & Fred* is a 2014 American comedy-drama film directed by Michael Radford and starring Shirley MacLaine and Christopher Plummer.

The recently widowed, 80-year-old Fred Barcroft is moved against his will, by his daughter, into an apartment in New Orleans, next door to 74-year-old Elsa Hayes. Fred has become an embittered, inactive realist who spends most of his time lying down; Elsa is a flighty, vivacious romanticist who dreams of "the sweet life in Rome," as experienced by Anita Ekberg in the 1961 film *La Dolce Vita*. Despite their opposite temperaments and outlooks on life, they fall in love.

The movie will be shown on **Friday, December 11 at 1:00 p.m.** Beverage and popcorn will be served. There is no charge for the movie, but donations are welcome.

### Bonus Movie Scheduled in December



What are the holidays with out a little tradition? This month we invite you to get comfortable and enjoy a showing of **Miracle on 34th Street**.

Enjoy this **1947** movie in a black and white version. The movie stars Maureen OHara , John Payne and a six year old Natalie Wood.

It will be shown on **Monday, December 21 at 1:00 p.m.** We will be serving hot chocolate and Christmas cookies during the movie. There is no charge, but donations are appreciated.

### Grinnell Bookies

Join the Grinnell Bookies in December for a wonderful book about Beloit! The club, led by Vicky Hahn from the Beloit Public Library, will meet on **Tuesday, December 8 at 1:00 p.m.** They will be discussing "Discovering Beloit, Stories Too Good to Be True" by Tom Warren.

### Booked For Dessert

De- stress over the holidays with a good book! Let Tina Kakuske from Beloit Public Library help you decide what to read next.

Join Tina for "**Booked for Dessert**," a fun event featuring great new books from the library, and wonderful dessert on **Wednesday, December 9, at 1:00 p.m.**

**Please pre-register for this event so that we can have adequate refreshments.** Attendees will enjoy

a home made dessert and beverage while listening to Tina pre-view a wide variety of books. You can check it out that day, as long as you bring your library card! Call 608-364-2875 to register.



### Holiday Bunco

Call a friend and be at Grinnell Hall on **Monday December 14 at 1:00 p.m.** for an afternoon of crazy fun! Holiday Bunco is in order for the afternoon! Lets fill the room with laughter, fun and games!



Prizes, snacks, and fun, fun, fun!! Cost of the afternoon is just \$2.00 to cover cost of snacks.

Never played Bunco before? Don't worry, it is easy to learn and

you will soon be playing like a pro! Please call and pre-register for this activity so we can pre-plan for space. To register, call Grinnell Hall at 608-364-2875 To add to your afternoon of fun—come early and join us for lunch! Just \$3.25 for those 60 and over. Lunch is served at 11:45 a.m. Sloppy Joes, Green Bean Casserole, Wisconsin Blend vegetables and pineapple tidbits. Lunch reservations are due by Friday, December 11 by 12 noon.

### Vet's Coffee

Our monthly Vet's Coffee will be held this month on **Wednesday, December 2, at 11:00 a.m.** It is open to all vets and no sign up is necessary. This is a free service.

### Cards and More.....Dates and Times

Euchre.....Each Thurs. at 12:30 p.m.  
Bridge Lessons..... Each Monday at 12:30 p.m.  
Mahjong.....Each Wed. at 1:00 p.m.  
Cribbage.....Each Tuesday at 12:30 p.m.  
**Bingo.....Thurs. December 17, 1:00**  
Dominos.....Fridays at 1:00 p.m.

### Jewelry Repair

Linda Keenan is available for jewelry repair twice a month. In December she will be here **Monday, December 7** and **Monday, December 21** from 11:30 a.m.—3:00 p.m. No sign up is necessary.

### Winter Temperature Guidelines

Once again we are asking all who attend events here at Grinnell throughout the winter to dress in layers. Make sure you bring a sweater. In an effort to conserve energy, we will keep the thermostat set at a constant **72 degrees**. For some, that is too cold, for some too hot, but by dressing in layers, you should be able to achieve an acceptable level of warmth. Thank you for your understanding.



# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

**City of Beloit  
Grinnell Hall Senior Center**

631 Bluff St.

Beloit, WI 53511

Phone: 608-364-2875

Fax: 608-364-2876

Email: [schuttp@beloitwi.gov](mailto:schuttp@beloitwi.gov)

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**Payment due January 23, 2016.**

Leaving Telfer Park at 10:00 a.m., lunch served at 12 noon.

show at 1:15 p.m. , 3:00 p.m. depart

arrive back in Beloit approx. 5:00 p.m.

**608-364-2875**